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Blended CBT for Depression

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BLENDING CBT FOR DEPRESSION

Blended cognitive behavioral therapy (CBT) is a hybrid approach to psychological treatment that integrates face-to-face and online sessions. This thesis is one of the first to examine blended CBT for depression in routine specialized mental health care.

A randomized controlled trial (n = 102) with a 30-week follow-up showed that blended CBT can produce comparable clinical effects and shorten treatment duration compared to face-to-face CBT. Blended CBT enabled therapists and patients to build a good working alliance. Results from cost-effectiveness analyses were mixed, suggesting that in comparison to face-to-face CBT blended CBT had a high probability of being cost-effective from the perspective of the health care provider, but not from a societal perspective.

Continued development of the blended CBT protocol and further research in larger studies is warranted.

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LISA KOOISTRA

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